**7 Opener Page 81 AUDIOSCRIPT**

Upper Intermediate Student’s Book

Life

2.1

… so if you always keep these three things in mind, it’s actually quite simple to make a difference to your own personal consumption of natural resources. Number one and most important is reduce. In other words, try to buy and use fewer goods. In the UK we throw away a third of the food we buy. If we only bought the food we really needed, this wouldn’t happen. Umm … try to reduce the energy you use too, for example switching the lights off when you leave the room or umm … walking somewhere instead of taking the car. The second thing is to reuse. Mend things that are broken. Think how you can reuse old things, such as those old jeans you threw out. If you hadn’t thrown them away, you could have worn them the next time there was some gardening or decorating to do. And lastly recycle. Only buy products that are made of recyclable materials: like glass bottles or certain plastics; and when you have finished with them, take them to a recycling point. OK so that’s three things to remember: reduce, reuse, recycle.